

E8000

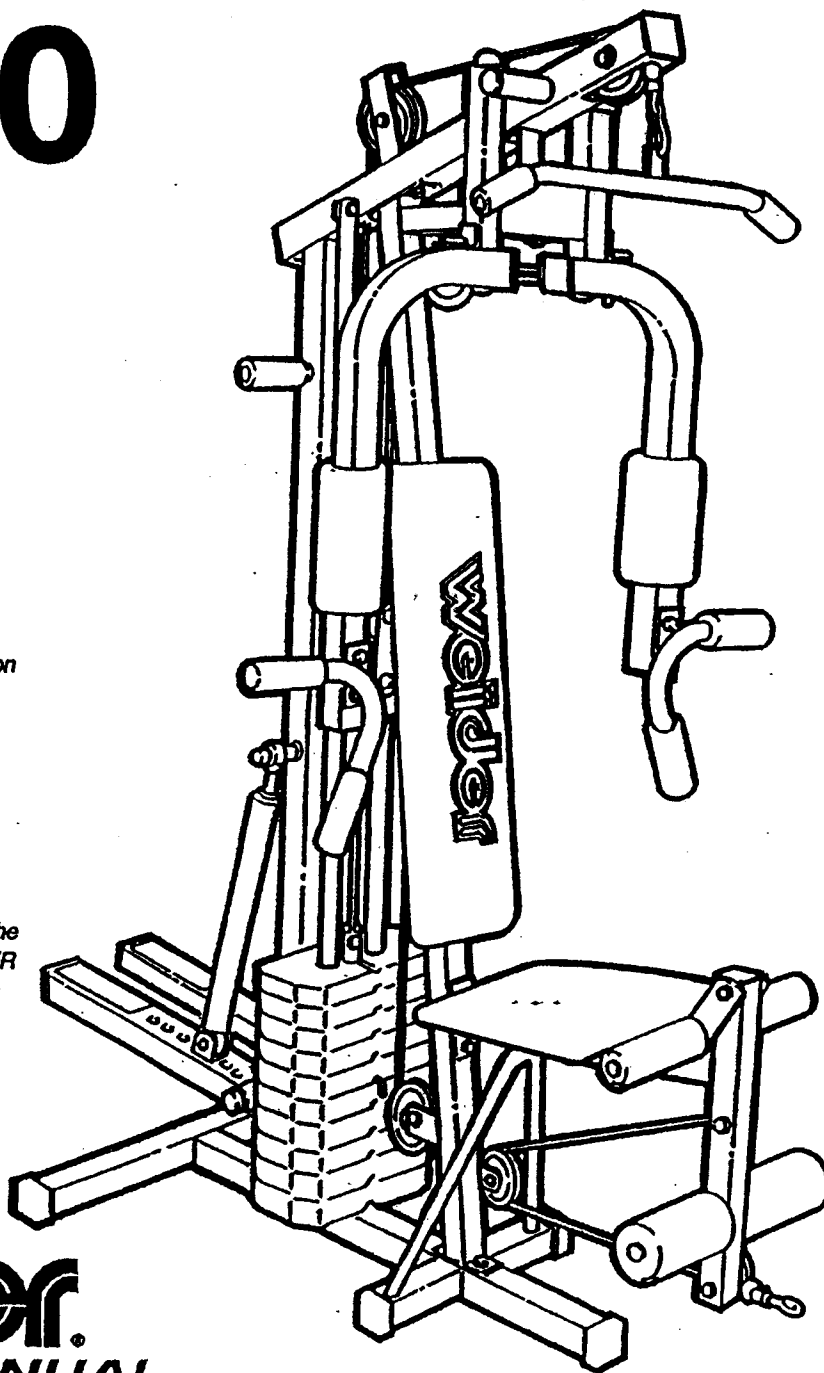
WAIT, READ THIS FIRST!

If you find this unit to have missing or defective parts please have ready the following information listed below before calling the 800 NUMBER.

*The ASSEMBLY MANUAL
MODEL NUMBER of this UNIT
PART NAME or DESCRIPTION
ORDERING NUMBER
THE QUANTITY of each part that you need*

THE MODEL NUMBER of this unit is found in the UPPER LEFT-HAND or RIGHT-HAND CORNER of this page. The MODEL NUMBER is a series of 3 or 4 NUMBERS.

THE PART NAME or DESCRIPTION and the ORDERING NUMBER can be found on the PARTS LIST PAGE.



Weider.
OWNER'S MANUAL

MADE IN KOREA

WEIDER is committed to providing you complete customer satisfaction. If you have any questions concerning the assembly of this product or find damaged or missing parts, we guarantee you direct assistance. AVOID THE HASSLE OF CONTACTING THE STORE FOR PARTS OR RETURNING THE PRODUCT. Call our "CUSTOMER ASSISTANCE LINE" for assistance with parts and information by calling our toll free number 1-800-225-0653, Mon. - Fri., 8 am - 5 pm CST.

IMPORTANT: Read all safety precautions and instructions in this manual carefully before using this equipment. Save this manual for future reference.

BEFORE BEGINNING ASSEMBLY READ THE FOLLOWING

THIS PRODUCT REPRESENTS THE STATE OF THE ART IN TECHNOLOGY IN HOME FITNESS EQUIPMENT. EVERY EFFORT HAS BEEN MADE TO BRING TO YOU A PRODUCT OF THE HIGHEST QUALITY AND WORKMANSHIP. WE HOPE YOU WILL FIND THIS PRODUCT BENEFICIAL TO YOUR PHYSICAL CONDITIONING AND WELL-BEING.

Joe Weider

HELPFUL HINTS FOR ASSEMBLY

1. TOOLS REQUIRED FOR ASSEMBLY INCLUDE: A HAMMER, PLIERS, MEDIUM SIZE FLAT HEAD SCREWDRIVER, AND TWO 6" ADJUSTABLE WRENCHES.
2. PRIOR TO BEGINNING THE ASSEMBLY OF THIS PRODUCT WE RECOMMEND THAT YOU TAKE A FEW MINUTES TO UNPACK AND LAY OUT ALL THE PARTS SO THEY CAN BE EASILY IDENTIFIED. IT IS EXTREMELY HELPFUL IF THE CONTENTS OF THE HARDWARE BAG ARE EMPTIED OUT AND LIKE PARTS GROUPED TOGETHER; I.E. 5/16" X 3" HEX HEAD BOLTS TOGETHER, ETC. A HANDY PLACE TO HOLD THE HARDWARE MIGHT BE TO USE THE INSIDE OF THE CARTON TOP. AFTER GROUPING PARTS AGAINST THE PARTS LIST TO IDENTIFY PARTS AND SIZES, WRITE THE SIZE AND PART NAME BESIDE EACH PART SO YOU KNOW EXACTLY WHICH PART TO GO TO FOR A PARTICULAR ITEM.
3. THE ASSEMBLY INSTRUCTIONS HAVE BEEN WRITTEN USING CHECK AS YOU GO ASSEMBLY METHOD. BY CHECKING THE BOXES AS YOU GO IT IS VERY EASY TO FOLLOW ALONG THE ASSEMBLY WITHOUT REREADING TO FIND YOUR PLACE IN THE ASSEMBLY.
4. YOU WILL ALSO NOTICE THAT AT THE BEGINNING OF EACH ASSEMBLY STEP THERE IS A HARDWARE LIST SHOWING THE QUANTITY AND DESCRIPTION OF THE HARDWARE REQUIRED TO DO ALL ASSEMBLIES IN THAT STEP. BY PRE-SELECTING THE HARDWARE FOR EACH STEP YOU WILL SAVE TIME AND CONFUSION.
5. TAKE NOTE OF ANY SPECIAL WARNINGS, CAUTIONS, NOTES, OR NOTICES. LAY OUT UNASSEMBLED PARTS. FAMILIARIZE YOURSELF WITH THE DRAWINGS THEN READ AND UNDERSTAND THE INSTRUCTIONS THOROUGHLY.
6. THIS PRODUCT MUST BE ASSEMBLED BY AN ADULT PRIOR TO USE.
7. DO NOT DESTROY THE PACKING AND CARTON UNTIL THE UNIT IS COMPLETELY ASSEMBLED.
8. DO NOT DESTROY THE INSTRUCTION MANUAL, USE IT FOR ORDERING REPLACEMENT PARTS.
9. IN ASSEMBLY, WHEN THERE ARE INSTRUCTIONS THAT INDICATE THE USE OF A WASHER WHEN BOLTING, IT IS VERY IMPORTANT TO USE THE WASHER IN EACH PLACE SHOWN. THE WASHERS ARE USED TO DISTRIBUTE THE LOAD ON THE BOLT AND ARE VERY IMPORTANT.
10. TO HELP SECURE PLASTIC CAPS IN TUBING IT IS ADVISABLE TO GLUE ON ALL PLASTIC CAPS DURING ASSEMBLY USING ANY HOUSEHOLD TYPE GLUE.
11. PERIODICALLY CHECK THE UNIT FOR BOLT TIGHTNESS AND PARTS WEAR TO INSURE THAT YOUR EQUIPMENT IS KEPT IN TOP CONDITION.
12. WITH CONTINUED USE THE MOVING PARTS OF THIS UNIT WILL BECOME STIFF AND POSSIBLY BEGIN SQUEAKING. LUBRICATE THE MOVING PARTS WITH ANY HOUSEHOLD LUBRICATING OIL. NOTE: IT MAY BE NECESSARY TO PARTIALLY DIS-ASSEMBLE THE PARTS TO LUBRICATE THE PARTS PROPERLY.

PART LIST E8000

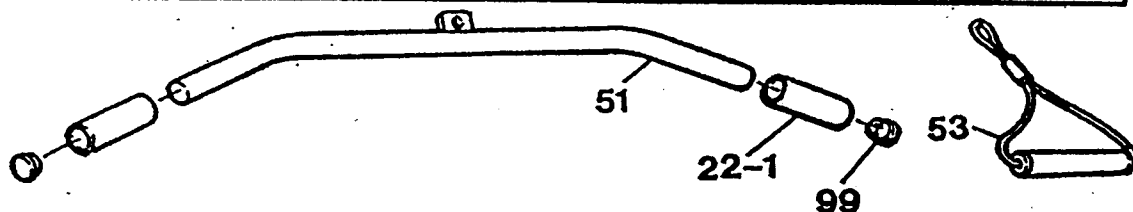
DIAGRAM NO.	PART NAME	QTY	ORDERING NO.
1F	BASE FRAME (FRONT)	1	K3140-E28°F43
1B	BASE FRAME (BACK)	1	K3141-E28°F43
2	ARM PRESS FRAME UPRIGHT	1	K2207-E28°F43
3	STEPPER FRAME UPRIGHT	1	K1232-E28°F43
4	SEAT FRAME	1	K2209-E28°F43
5	SEAT BRACE	1	K2210-E28°F43
6	MOUNTING PLATE	4	K6713-E03°F43
7	TOP FRAME	1	K3124-E32°F43
8	GUIDE ROD	2	K6614-E28°F43
9	WEIGHT PLATE (12.5 LB EACH)	10	BB-0318°F43
10	WEIGHT SELECTOR TUBE	1	K6330-E28°F43
11	MAGNET	2	HH-5352°F43
12	BACKREST	1	K1353-E28°F43
13	SEAT	1	K1354-E28°F43
14	LEG EXTENSION TUBE	1	K2212-E28°F43
15	PAD BAR 3/4" X 13 3/4"	2	K6331-E28°F43
16	FOAM ROLLER 3 1/2" X 6"	4	K0428-A10°F43
17	PIVOT TUBE 1" X 13" (CHROME PLATED)	1	K6332-E28°F43
18	PEC-DECK ARM	2	K2213-E28°F43
19	STEPPER HANDLE 1" X 13" (WHITE)	1	K6332-E28°F43
20	RIGHT ARM PRESS HANDLE	1	K6311-E02°F43
21	LEFT ARM PRESS HANDLE	1	K6312-E02°F43
22	FOAM GRIP 1 1/2" O.D. X 5"	4	K0438-D19°F43
22-1	FOAM GRIP 1 1/4" O.D. X 5"	4	K0438-D19°F43
23	PULLEY 3 1/2"	7	AA-4133°F43
24	PULLEY 4 1/2"	4	AA-4122°F43
25R	PULLEY BRACKET (RIGHT HOLE)	1	K6721-E28°F43
25L	PULLEY BRACKET (LEFT HOLE)	1	K6722-E28°F43
25C	PULLEY BRACKET (CENTER HOLE)	1	K6723-E28°F43
26	ARM PRESS ASSEMBLY	1	K2214-E28°F43
27	FOAM ROLLER 4" X 7 1/2"	2	K0450-E08°F43
28	CABLE TRAP BRACKET FOR 4 1/2" PULLEYS - 3 1/4" LONG	1	K6724-E28°F43
29	PULLEY CONNECTOR PLATE (FLAT)	2	K6704-D23°F43
30	PULLEY TRAP BRACKET (BENT)	2	K6726-E28°F43
31	TOP PLUG CONNECTOR	1	HH-5382°F43
32	BOTTOM PLUG CONNECTOR	1	HH-5383°F43
33	ELECTRONICS CONNECTOR PLUG	1	K0426-E28°F43
34	ELECTRONIC MONITOR	1	K0426-E28°F43
35	MONITOR BRACKET	1	K0627-E28°F43
36	BRACE	1	K6743-E28°F43
37	LEFT PEDAL	1	K3136-E28°F43
38	RIGHT PEDAL	1	K3138-E28°F43
39	RESISTANCE CYLINDER	2	ZZ-0006°F43
40	SENSOR L-BRACKET	1	K6741-E28°F43
42	RESISTANCE CYLINDER MOUNTING BRACKET	2	K6742-E28°F43
43	FOOT PAD	2	AA-4134°F43
51	LAT BAR	1	K6403-D25°F43
52	ANKLE STRAP	1	EE-0074°F43

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DIAGRAM NO.	PART NAME	QTY	DESCRIPTION NO.
83	DUMBBELL HANDLE	1	AA-4120°F43
84	ACCESSORY ROPE	1	K6602-D23°F43
85	LEG EXTENSION CABLE (55" LONG)	1	K6620-E20°F43
86	WEIGHT STACK CABLE (64 1/2" LONG)	1	K6621-E20°F43
87	PEC-DECK CABLE (132" LONG)	1	K6622-E20°F43
88	5/16" X 3 1/8" HEX HEAD BOLT	7	HH-5360°F43
89	5/16" X 2 1/2" HEX HEAD BOLT	2	HH-5053°F43
90	1/4" X 3 1/4" CARRIAGE BOLT	1	HH-5395°F43
91	5/16" X 2 3/4" CARRIAGE BOLT	7	HH-5057°F43
92	5/16" X 1 1/2" HEX HEAD BOLT	7	HH-5312°F43
93	5/16" X 2 3/4" HEX HEAD BOLT	7	HH-5058°F43
94	5/16" X 3/4" HEX HEAD BOLT	3	HH-5245°F43
95	5/16" X 3" HEX HEAD BOLT	1	HH-5167°F43
96	BACKING PLATE	6	K6806-F43°F43
97	5/16" FLAT WASHER	12	HH-5127°F43
98	5/16" NYLON LOCK NUT	34	HH-5012°F43
99	3/8" X 2-1/2" HEX HEAD BOLT	1	HH-5061°F43
100	3/8" X 2 3/4" HEX HEAD BOLT	1	HH-5238°F43
101	3/8" X 6 1/4" HEX HEAD BOLT	1	HH-5469°F43
102	3/8" X 1 3/4" HEX HEAD BOLT	8	HH-5308°F43
103	3/8" X 3 1/4" HEX HEAD BOLT	1	HH-5063°F43
104	3/8" ACORN NUT	1	HH-5020°F43
105	1" RING RETAINER	2	HH-5423°F43
106	5/8" RING RETAINER	2	HH-5422°F43
107	3/8" FLAT WASHER	5	HH-5265°F43
108	3/8" NYLON LOCK NUT	11	HH-5086°F43
109	1/4" X 2 1/2" CARRIAGE BOLT	3	HH-5333°F43
110	1/4" X 3/4" HEX HEAD BOLT	9	HH-5032°F43
111	1/4" FLAT WASHER	5	HH-5048°F43
112	1/4" NYLON LOCK NUT	5	HH-5011°F43
113	7/8" METAL SPACER 5/16" I.D.	1	HH-5250°F43
114	SPACER 1/2" LONG 3/8" ID	3	HH-5346°F43
115	3/16" X 1/2" SELF TAPPING SCREW	2	HH-5372°F43
116	2" SQUARE PLASTIC CAP	5	AA-8002°F43
117	2" SQUARE PLASTIC COVER CAP	5	AA-8015°F43
118	2 1/2" SQUARE PLASTIC CAP	2	AA-8013°F43
119	1 3/4" SQUARE PLASTIC CAP	1	AA-8006°F43
120	1 1/2" X 3" SQUARE PLASTIC CAP	2	AA-8130°F43
121	1" ROUND PLASTIC CAP	10	AA-8005°F43
122	1 1/4" ROUND PLASTIC CAP	4	AA-8014°F43
123	3/4" ROUND PLASTIC CAP	4	AA-8004°F43
124	1" SQUARE END BUSHING	12	AA-8137°F43
125	5/8" I.D. FLAIR END SPACER BUSHING	2	AA-8148°F43
126	WEIGHT SELECTOR TUBE END CAP	1	AA-8123°F43
127	1" ROUND PLASTIC COVER CAP	2	HH-5348°F43
128	5/8" ROUND PLASTIC COVER CAP	2	HH-5357°F43
129	LOCK PIN 5/16" X 4" LONG	2	WW-7051°F43

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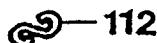
DIA. NO.	PART NAME	QTY.	ORDER NO.
110	RUBBER BUMPER	2	AA-8145-F43
111	FIREMAN'S LATCH HOOK	1	WW-7042-F43
112	S-HOOK	1	WW-7030-F43
113	TENSION KNOB	2	HH-5400-F43
114	LARGE RUBBER WASHER	2	AA-4124-F43
115	LARGE METAL WASHER 1 1/2" O.D. X 1" I.D.	2	HH-5310-F43
116	SPACER 3/8" I.D. X 3/4" LONG	2	HH-5385-F43
118	STATION 1 DECAL	1	DE-4156-F43
120	WEIGHT PLATE DECALS	1 SET	DE-4190-F43
121	MASTER CROSS TRAINER DECAL	2	DE-4184-F43
122	POWER STACK DECAL	1	DE-4185-F43
123	STATION 2 DECAL	1	DE-4191-F43
124	RESISTANCE DECAL	1 SET	DE-4167-F43
125	WEIGHT SELECTOR PIN - 3/8"	1	WW-7013-F43
126	CABLE TRAP BRKT FOR 1 1/2" PULLEYS - 2 3/4" LONG	3	K6725-E28-F43
129	5/8" I.D. PLASTIC SPACER	2	AA-8146-F43
130	3/8" I.D. X 2 9/16" LONG SPACER	1	HH-5391-F43
131	U-BRACKET	1	K6647-E28-F43
	HARDWARE BAG (BOLTS & NUTS)	1	K5996-F43-F43
	HARDWARE BAG (PULLEYS)	1	K5997-F43-F43
	HARDWARE BAG (PLASTICS & BRACKETS)	1	K5998-F43-F43
	HARDWARE BAG (FOAM ROLLERS)	1	K5999-F43-F43
	ASSEMBLY MANUAL	1	KNN-1205-F43
	TRAINING MANUAL	1	KNN-1206-F43



THERE ARE SEVERAL ACCESSORY ITEMS INCLUDED WITH THE HOME GYM

LAT BAR:

- To LAT BAR (51) press 1" ROUND PLASTIC CAPS (99) into each end of Bar and assemble 1 1/4" O.D. X 5" FOAM GRIPS (22-1) to Bar with the aid of a small amount of liquid dish detergent.
- To use Lat Bar, connect to Cable at Top Mast Tube with "S" HOOK (112). This Bar is used to do all Lat Pull-Down Exercises.



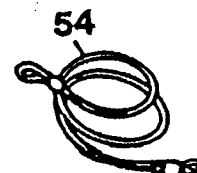
ANKLE STRAP:

- Using "S" HOOK (112), ANKLE STRAP (52) is connected to Base Pulley at front of unit.
- This accessory is used for all Leg Exercises.



DUMBBELL HANDLE:

- Connect DUMBBELL HANDLE (53) to Base Pulley to perform single Arm Curls, and Side Lateral Raises.



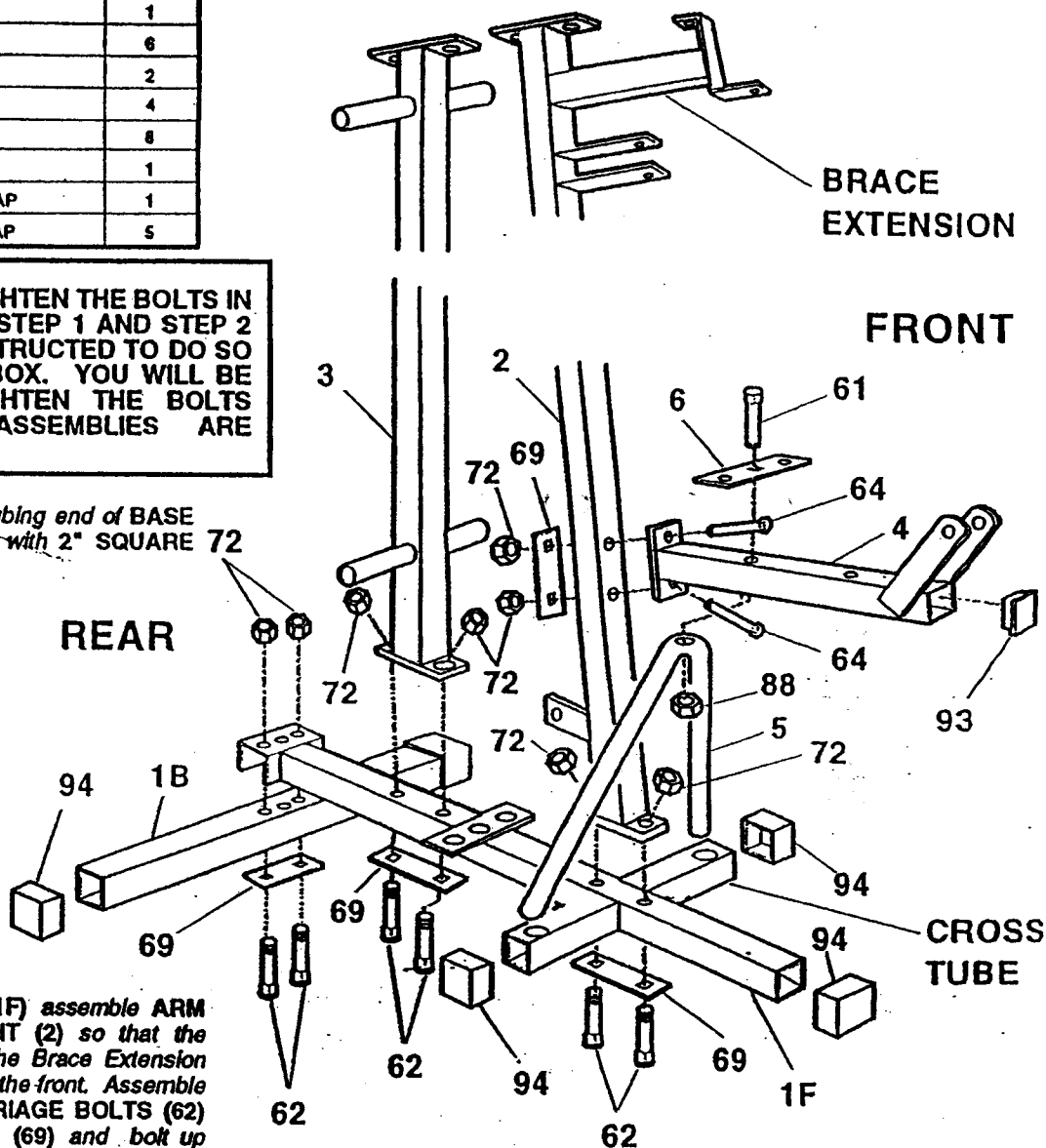
Note: Many of the exercises performed with these accessories may need to be connected with the use of the 34"

STEP 1 BASE & FRAME UPRIGHT ASSEMBLY

PART NAME	QTY
61 1/4" X 3 1/4" CARRIAGE BOLT	1
62 5/16" X 2 3/4" CARRIAGE BOLT	6
64 5/16" X 2 3/4" HEX HEAD BOLT	2
69 BACKING PLATE	4
72 5/16" NYLON LOCK NUT	8
88 1/4" NYLON LOCK NUT	1
93 2" SQUARE PLASTIC INSERT CAP	1
94 2" SQUARE PLASTIC COVER CAP	5

CAUTION: DO NOT TIGHTEN THE BOLTS IN THE ASSEMBLIES OF STEP 1 AND STEP 2 UNLESS YOU ARE INSTRUCTED TO DO SO IN THAT ASSEMBLY BOX. YOU WILL BE INSTRUCTED TO TIGHTEN THE BOLTS AFTER STEP 2 ASSEMBLIES ARE COMPLETED.

- ☐ Begin by capping each tubing end of BASE FRAMES (1F) and (1B) with 2" SQUARE COVER CAPS (94).
- ☐ Attach the BASE FRAME (1F) to BASE FRAME (1B) by assembling two 5/16" X 2 3/4" CARRIAGE BOLTS (62) into a BACKING PLATE (69) and bolting up through the bottom of the BASE FRAME (1B) and then through the welded bracket of the BASE FRAME (1F). Secure with 5/16" NYLON LOCK NUTS (72).
- ☐ To the BASE FRAME (1F) assemble ARM PRESS FRAME UPRIGHT (2) so that the welded brackets and the Brace Extension are aligned to the top and the front. Assemble two 5/16" X 2 3/4" CARRIAGE BOLTS (62) into a BACKING PLATE (69) and bolt up through the bottom of the Base Frame and then into the Arm Press Frame Upright. Secure with 5/16" NYLON LOCK NUTS (72).
- ☐ To rear of BASE FRAME (1F) attach the STEPPER FRAME UPRIGHT (3). Again assemble two 5/16" X 2 3/4" CARRIAGE BOLTS (62) into a BACKING PLATE (69) and bolt up through the bottom of the Base Frame and then into the Stepper Upright. Secure with 5/16" NYLON LOCK NUTS (72).
- ☐ Insert the legs of the SEAT BRACE (5) into the holes in the ends of the BASE FRAME CROSS TUBE (1).
- ☐ With the welded leg curl brackets of the SEAT FRAME (4) oriented up, attach the Seat Frame to the ARM PRESS FRAME UPRIGHT (2) using 5/16" X 2 3/4" HEX HEAD BOLTS (64) to bolt through the welded bracket on the Seat Frame, then through the Arm Press Upright, and finally through a BACKING PLATE (69). Secure with 5/16" NYLON LOCK NUTS (72). Cap end of Seat Frame with 2" SQUARE PLASTIC INSERT CAP (93).
- ☐ Attach the SEAT BRACE (5) to SEAT FRAME (4) by bolting 1/4" X 3 1/4" CARRIAGE BOLT (61) through SEAT MOUNTING PLATE (6), SEAT FRAME (4), and then SEAT BRACE (5) and securing assembly with 1/4" NYLON LOCK NUT (88).



STEP 2 TOP FRAME ASSEMBLY

PART NAME	QTY
59 5/16" X 3 1/8" HEX HEAD BOLT	4
67 5/16" X 3/4" HEX HEAD BOLT	1
71 5/16" FLAT WASHER	4
72 5/16" NYLON LOCK NUT	5
95 2 1/2" SQUARE PLASTIC INSERT CAP	2

- ☐ Connect electronics wiring at back of TOP FRAME (1) through access hole on underside of frame tube to fittings at ends of wiring at top of STEPPER UPRIGHT (3).
- ☐ Feed wiring up into the top of the Top Frame and then out the left side at the second hole location from the top of the Frame.
- ☐ Attach TOP FRAME (1) to STEPPER UPRIGHT (3) with 5/16" X 3 1/8" HEX HEAD BOLTS (59), 5/16" FLAT WASHERS (71), and 5/16" LOCK NUTS (72). Tighten only finger tight.
- ☐ Assemble TOP FRAME (7) to Brace Extension on the front of ARM PRESS UPRIGHT (2) using a 5/16" X 3 1/8" HEX HEAD BOLT (59), 5/16" FLAT WASHER (71), and 5/16" NYLON LOCK NUT (72). Tighten only finger tight.
- ☐ To the front hole in the bracket at the top of the Arm Press Upright assemble the Top Frame with another 5/16" X 3 1/8" HEX HEAD BOLT (59), 5/16" FLAT WASHER (71), and 5/16" NYLON LOCK NUT (72). Assemble finger tight.

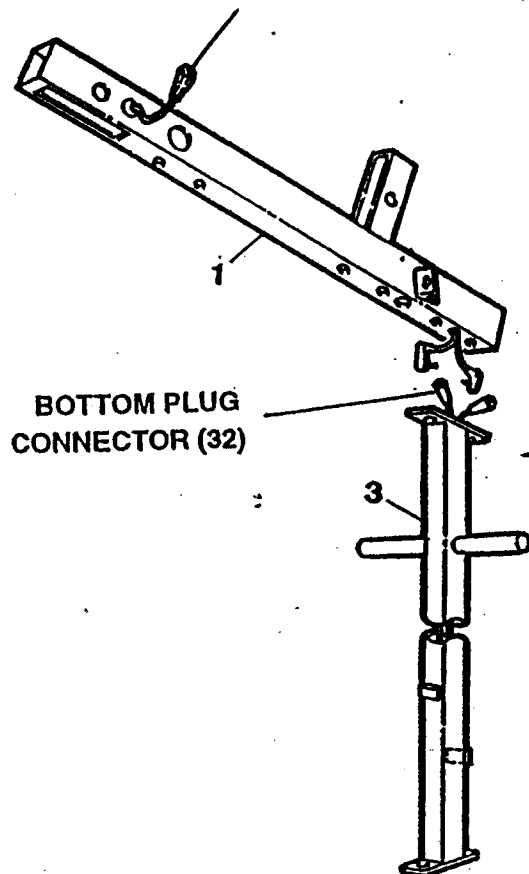
- ☐ Assemble Top Frame to back of bracket by inserting 5/16" NYLON LOCK NUT (72) through cable access hole in top of Top Frame and assembling 5/16" X 3/4" HEX HEAD BOLT (67) through bottom and securing. (SEE DETAIL A)

- ☐ Cap each end of Top Frame with 2 1/2" SQUARE PLASTIC INSERT CAPS (95).

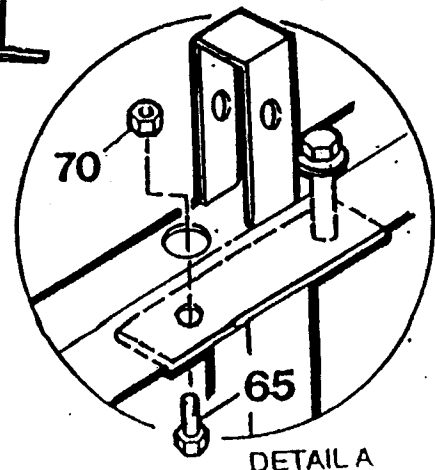
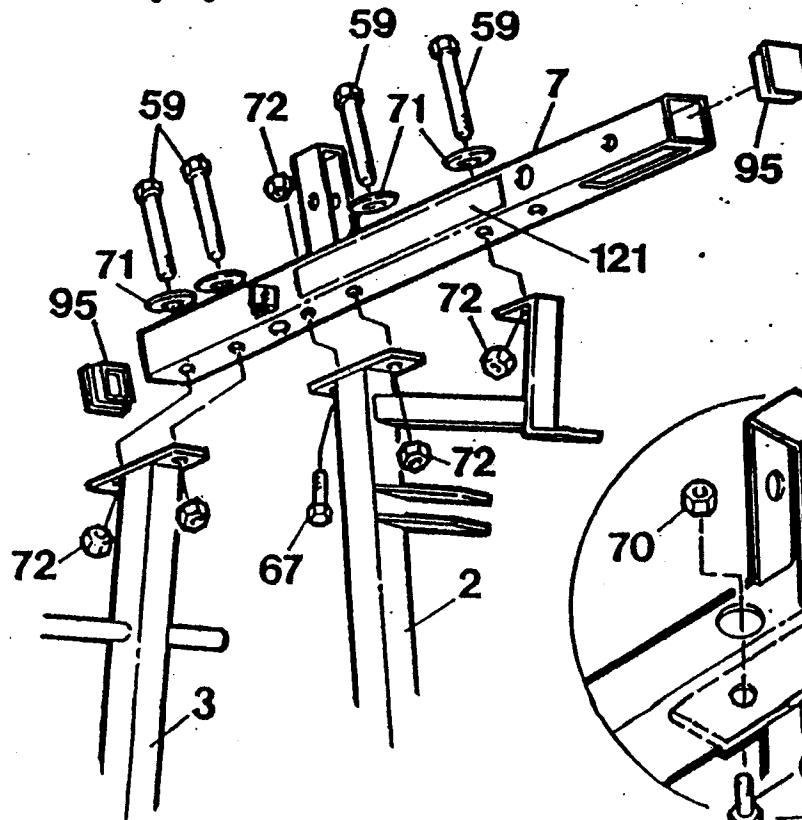
- ☐ Remove MASTER CROSS TRAINER DECAL (121) from backing and affix to side of Top Frame between welded bracket and large diameter hole.

- ☐ TAKE THE TIME NOW TO TIGHTEN ALL BOLTS OF FRAME THAT WERE LEFT UNTIGHTENED FROM THE LAST TWO STEPS!

TOP PLUG CONNECTOR (31)



BOTTOM PLUG CONNECTOR (32)

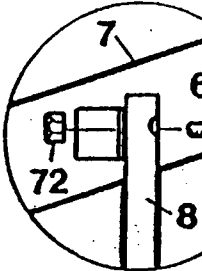


DETAIL A

STEP 3 WEIGHT STACK

PART NAME	QTY.
63 5/16" X 1 1/2" HEX HEAD BOLT	2
72 5/16" NYLON LOCK NUT	2
105 WEIGHT END CAP	1
114 LARGE RUBBER WASHER	2
125 3/8" WEIGHT SELECTOR PIN	1

CAUTION: To aid in this step it is advised that you secure the assistance of a helper to assist in steadyding of the weight plates as they are stacked.

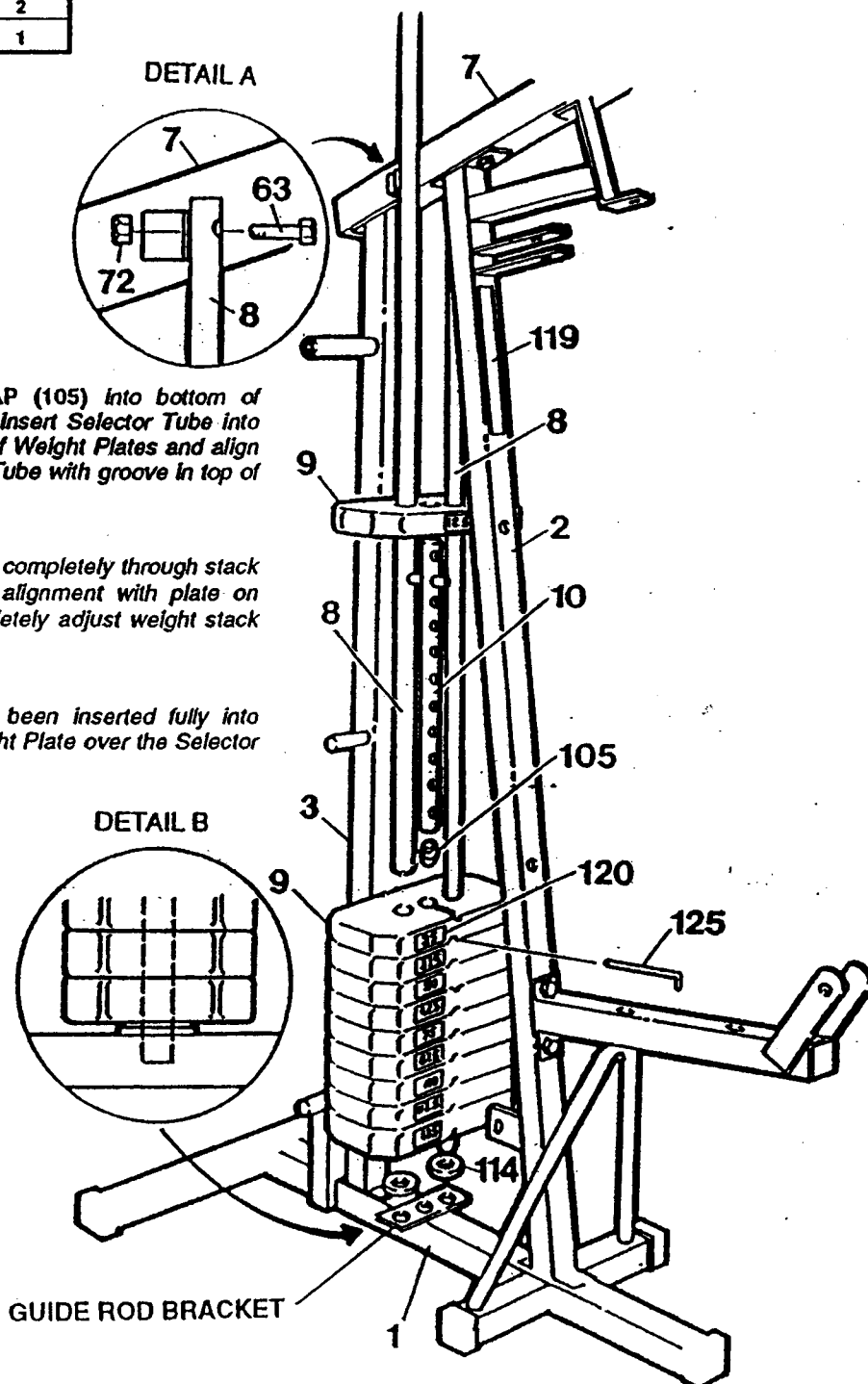
- ☐ With the aid of your helper, begin stacking the WEIGHT PLATES (9) atop the Guide Bracket on BASE FRAME (1).
 - ☐ Stack Weights one at a time until all but one are stacked on the base.
 - ☐ After inserting WEIGHT END CAP (105) into bottom of WEIGHT SELECTOR TUBE (10), insert Selector Tube into the center hole through the stack of Weight Plates and align roll pin pre-assembled in Selector Tube with groove in top of Weight Plate.
- * Weight Selector Tube should insert completely through stack of Weights if they are in proper alignment with plate on Frame. If it does not insert completely adjust weight stack positioning until it does.
- ☐ When Weight Selector Tube has been inserted fully into weight stack position the final Weight Plate over the Selector Tube atop the stack.
- 
- A circular diagram showing a cross-section of a weight stack. A vertical rod passes through the center of several stacked plates. Label '7' points to the top plate. Label '6' points to a plate below the top one. Label '72' points to a component on the left side of the rod. Label '8' points to the rod itself.

Finally, with bolt holes at the top, insert: GUIDE RODS (8) into the Weight Stack and bolt to front side of welded bracket on TOP FRAME (7) using 5/16" X 1 1/2" HEX HEAD BOLTS (63) and 5/16" NYLON LOCK NUTS (72). (SEE DETAIL A & B)

- ☐ **Remove WEIGHT PLATE DECALS (120)** from backing sheet and apply to Weight Plates starting with 12.5 lbs. on the top Plate and increasing to 125 lbs. on the bottom Plate.

☐ Insert 3/8" WEIGHT SELECTOR PIN (125) into Weight Stack at a low setting to aid in future cable assembly.

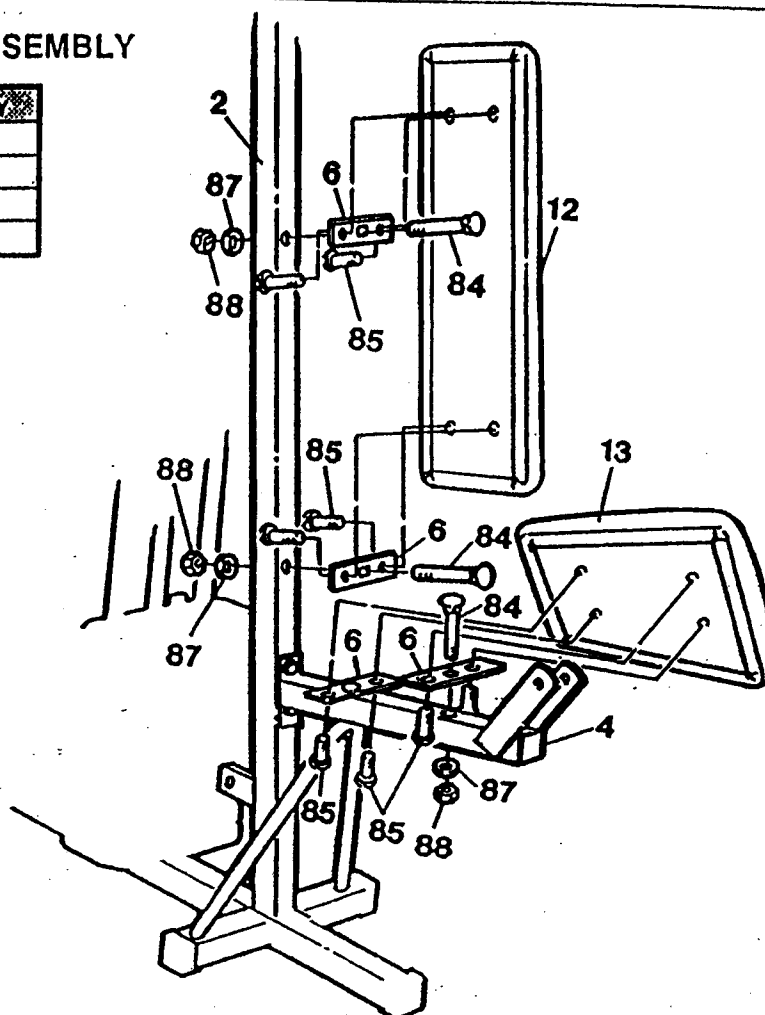
- ☐ **Remove STATION ONE DECAL (119) from backing sheet and affix it to front side of ARM PRESS FRAME UPRIGHT (2) about 4" below bracketing.**



STEP 4 SEAT & BACKREST ASSEMBLY

PART NAME	QTY
84 1/4" X 2 1/2" CARRIAGE BOLT	3
85 1/4" X 3/4" HEX HEAD BOLT	8
87 1/4" FLAT WASHER	3
88 1/4" NYLON LOCK NUT	3

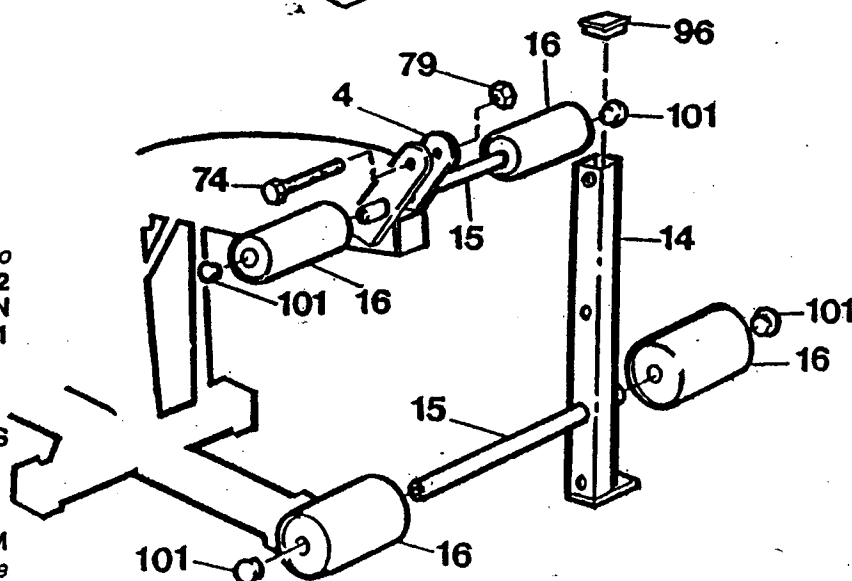
- ☐ Using a 1/4" X 2 1/2" CARRIAGE BOLT (84) attach a MOUNTING PLATE (6) to the front section of the SEAT FRAME (4). Secure with 1/4" FLAT WASHER (87) and 1/4" NYLON LOCK NUT (88).
- ☐ Attach the SEAT (13) to Mounting Plates with 1/4" X 3/4" HEX HEAD BOLTS (85).
- ☐ Attach two more MOUNTING BRACKETS (6) to the ARM PRESS UPRIGHT (2) with 1/4" X 2 1/2" CARRIAGE BOLTS (84), 1/4" FLAT WASHERS (87), and 1/4" NYLON LOCK NUTS (88).
- ☐ Attach the BACKREST (12) to the ARM PRESS UPRIGHT (2) using 1/4" X 3/4" HEX HEAD BOLTS (85).



STEP 5 LEG EXTENSION

PART NAME	QTY
74 3/8" X 2 3/4" HEX HEAD BOLT	1
79 3/8" ACORN NUT	1
96 1 3/4" SQUARE PLASTIC INSERT CAP	1
101 3/4" ROUND PLASTIC INSERT CAP	4

- ☐ Assemble LEG EXTENSION TUBE (14) into brackets of SEAT FRAME (4) with 3/8" X 2 3/4" HEX HEAD BOLT (74) and 3/8" ACORN NUT (79). Cap end of Leg Extension with 1 3/4" SQUARE PLASTIC INSERT CAP (96).
- ☐ Press 3/4" ROUND PLASTIC INSERT CAPS (101) into ends of PAD BARS (15).
- ☐ To each Pad Bar, press on a 3 1/2" X 6" FOAM ROLLER (16). (To aid in Roller assembly, wipe a small amount of liquid detergent along the length of the Pad Bar. When the detergent dries, it will act as an adhesive.)



- ☐ Insert one Pad Bar into bracketing in SEAT FRAME (4) and assemble another 3 1/2" X 6" FOAM ROLLER (16).
- ☐ Assemble the other PAD BAR (15) into lower section of the LEG EXTENSION (14) and press on a 3 1/2" X 6" FOAM ROLLER (16).

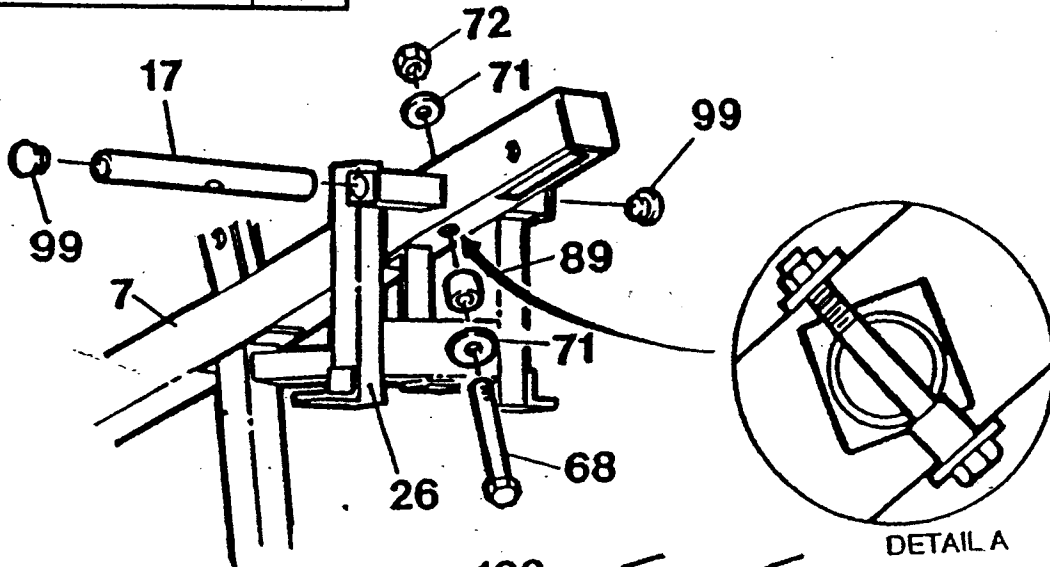
STEP 6 ARM PRESS ASSEMBLY

PART NAME	QTY
68 5/16" X 3" HEX HEAD BOLT	1
71 5/16" FLAT WASHER	2
72 5/16" NYLON LOCK NUT	1
89 7/8" LONG METAL SPACER	1
99 1" ROUND PLASTIC INSERT CAP	2
103 1" SQUARE END BUSHING	4

☐ Into each end of the ARM PRESS ASSEMBLY (26) cross tubes, insert a 1 1/4" SQUARE END BUSHING (103). (SEE DETAIL A)

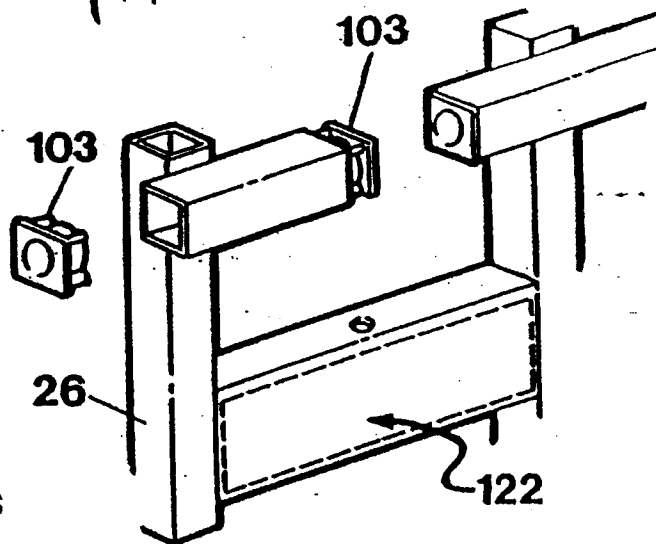
☐ Align ARM PRESS ASSEMBLY (26) to the front of the TOP FRAME (7) and insert CHROME PLATED 1" X 13" PIVOT TUBE (17) through ARM PRESS ASSEMBLY (26) and TOP FRAME (7).

☐ Rotate Pivot Tube until bolt holes align and assemble a 5/16" FLAT WASHER (71) and 7/8" LONG SPACER (89) onto a 5/16" X 3" HEX HEAD BOLT (68) and insert from bottom up through Frame and Pivot Tube and attach with another 5/16" FLAT WASHER (71) and 5/16" LOCK NUT (72). (SEE DETAIL B)



☐ Press a 1" ROUND PLASTIC INSERT CAP (99) into each end of CHROME PLATED PIVOT TUBE (17).

☐ Remove POWER STACK DECAL (122) from backing and adhere it onto ARM PRESS ASSEMBLY (26).



STEP 7 PEC-DECK ARMS

PART NAME	QTY
63 5/16" X 1 1/2" HEX HEAD BOLT	2
72 5/16" NYLON LOCK NUT	2
93 2" SQUARE PLASTIC INSERT CAP	4
99 1" ROUND PLASTIC INSERT CAP	4
103 1" SQUARE END BUSHING	4
106 4" PEC-DECK LOCK PIN	2
115 LARGE WASHER 1" I.D. X 1 1/2" O.D.	2

☐ Press a 1 1/4" SQUARE END PLASTIC BUSHING (103) into the ends of the ARM PRESS ASSEMBLY (26).

☐ Insert PEC-DECK ARM (18) Pivot Tube into ARM PRESS ASSEMBLY (26) and place a large 1 1/2" O.D. FLAT WASHER (115) over Pivot Tube. (SEE DETAIL A)

☐ Secure Pec-Deck Arms in place by bolting through top of Pivot Tubes with 5/16" X 1 1/2" HEX HEAD BOLT (63) and 5/16" NYLON LOCK NUT (72).

- ☐ Pin Pec-Deck Arms from pivoting by inserting 5/16" X 4" PEC-DECK LOCK PINS (108) down through brackets on sides of ARM PRESS ASSEMBLY (26) and through pin holes in arms.

- ☐ When doing Butterfly Exercises a PEC-DECK LOCK PIN (108) should be inserted down through center tube section of ARM PRESS ASSEMBLY (26). (SEE DETAIL B)

- ☐ Insert a 2" SQUARE PLASTIC INSERT CAP (93) into ends of Pec-Deck Arms.

NOTE: WHEN DOING ARM PRESS EXERCISES CHECK TO MAKE SURE THAT EACH OF THE PEC-DECK ARMS IS LOCKED INTO PLACE WITH PEC-DECK LOCK PINS (108).

NOTE: WHEN DOING PEC-DECK EXERCISES CHECK TO MAKE SURE THAT THE CENTER PIN ONLY (ONE PEC-DECK LOCK PIN 108) IS LOCKING THE ARM PRESS ASSEMBLY TO THE L-BRACKET.

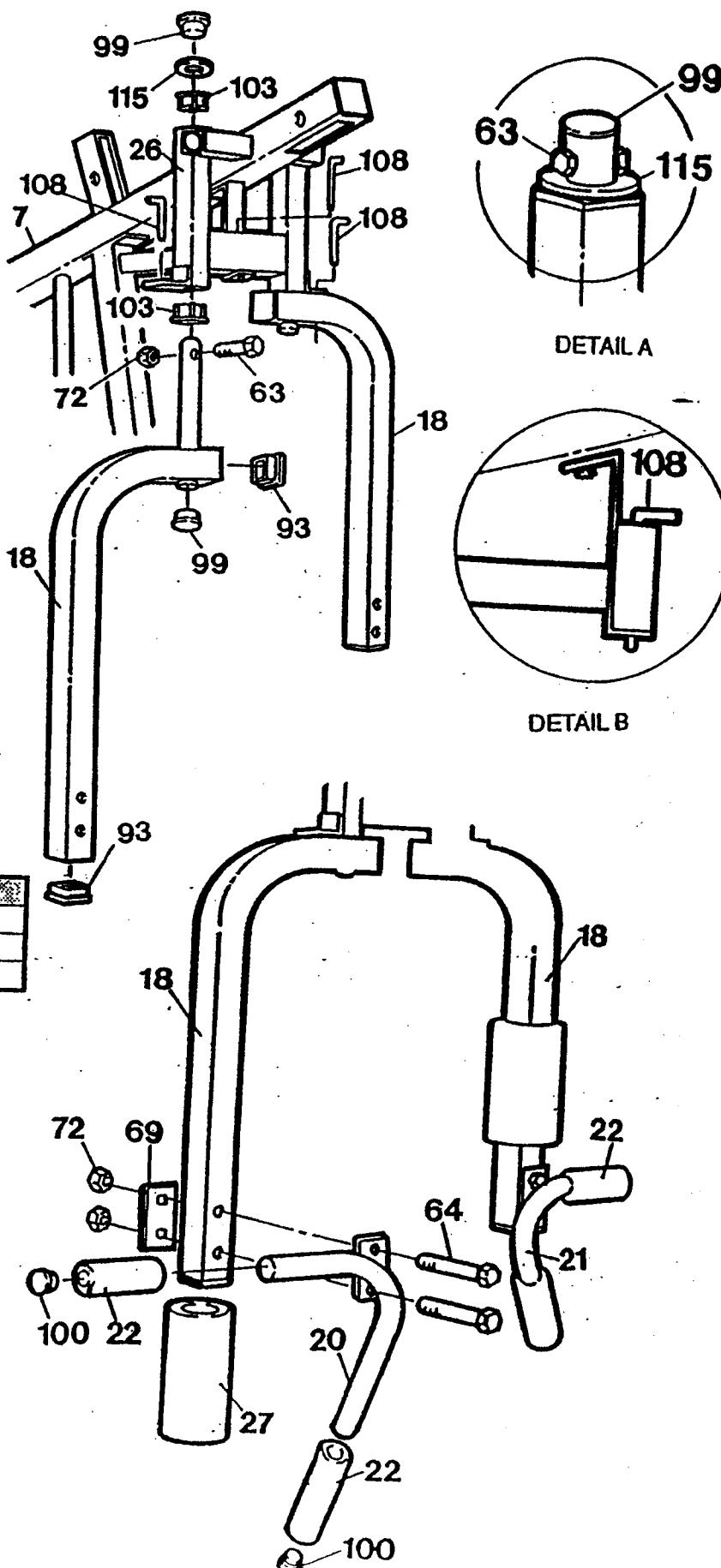
STEP 8 ARM PRESS HANDLES

PART NAME	QTY
64 5/16" X 2 3/4" HEX HEAD BOLT	4
72 5/16" NYLON LOCK NUT	4
100 1 1/4" ROUND PLASTIC INSERT CAP	4

- ☐ Wipe a small amount of liquid detergent onto lower section of PEC-DECK ARMS (18) and press on 4" X 7 1/2" FOAM ROLLERS (27). Position Rollers up about 8 inches from tube end.

- ☐ Assemble ARM PRESS HANDLES (20) and (21) to PEC-DECK ARMS (18) using 5/16" X 2 3/4" HEX HEAD BOLTS (64) to bolt through the welded brackets of the Arm Press Handles and then through the front of the Pec-Deck Arms. Assemble a BACKING PLATE (69) onto the bolt ends and secure with 5/16" NYLON LOCK NUTS (72).

- ☐ Cap the ends of handles with 1 1/4" ROUND PLASTIC INSERT CAPS (100) and using liquid detergent press 1 1/2" X 5" O.D. FOAM GRIPS (22) onto handles.



STEP 9 TOP CABLE ASSEMBLY

PART NAME	QTY
67 5/16" X 3/4" HEX HEAD BOLT	1
71 5/16" FLAT WASHER	1
72 5/16" NYLON LOCK NUT	1
73 3/8" X 2 1/4" HEX HEAD BOLT	1
75 3/8" X 6 1/4" HEX HEAD BOLT	1
76 3/8" X 1 3/4" HEX HEAD BOLT	1
82 3/8" FLAT WASHER	2
83 3/8" NYLON LOCK NUT	2
90 3/8" ID X 1/2" LONG SPACER	1
116 3/4" LONG METAL SPACER	2
130 3/8" ID X 2 9/16" LONG SPACER	1

☐ Insert PEC-DECK CABLE (57) up through slot in front of TOP FRAME (7) so rubber stopper ball is to the front and underneath the Top Frame.

☐ Drape PEC-DECK CABLE (57) over 4 1/2" PULLEY (24) and fit into slot.

☐ Fit 3/8" ID X 2 9/16" LONG SPACER (130) into back of MONITOR BRACKET (35) and align with bolt holes.

☐ Assemble 3/8" X 6 1/4" HEX HEAD BOLT (75) into MONITOR BRACKET (35) through 3/8" ID X 3 1/16" LONG SPACER (130).

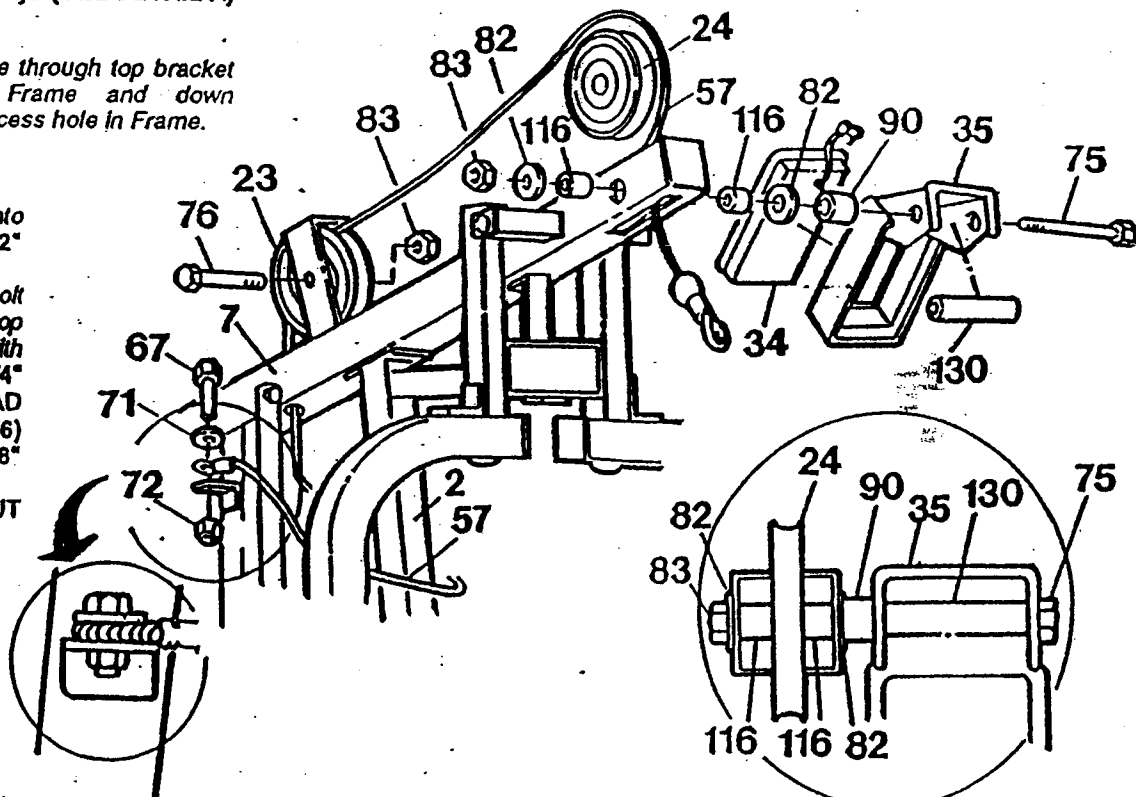
☐ Assemble 3/8" X 1/2" LONG SPACER (90) onto the 6 1/4" long Bolt, then a 3/8" FLAT WASHER (82) and a 13/16" LONG METAL SPACER (116).

☐ Fit entire assembly into front hole in left side of TOP FRAME (7), going through center of 4 1/2" PULLEY (24) making sure that the Cable is draped properly over pulley.

☐ Place another 3/4" LONG METAL SPACER (116) and a 3/8" FLAT WASHER (82) onto the 6 1/4" Bolt and secure with 3/8" NYLON LOCK NUT (83). Check alignment of this assembly and make sure that the 13/16" spacers are inside Top Frame against Pulley. (SEE DETAIL A)

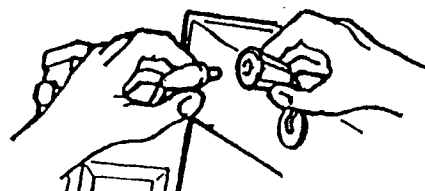
☐ Insert cable through top bracket on Top Frame and down through access hole in Frame.

☐ Fit cable into a 3 1/2" PULLEY (23) and bolt into top bracket with 3/8" X 1 3/4" HEX HEAD BOLT (76) and 3/8" NYLON LOCK NUT (83).



DETAIL A

☐ Bring cable around front of ARM PRESS FRAME UPRIGHT (2) and fasten to bracket on side of PEC-DECK UPRIGHT (3) and bolt in place with 5/16" X 3/4" HEX HEAD BOLT (67), 5/16" FLAT WASHER (71), and 5/16" NYLON LOCK NUT (72). (SEE DETAIL B)

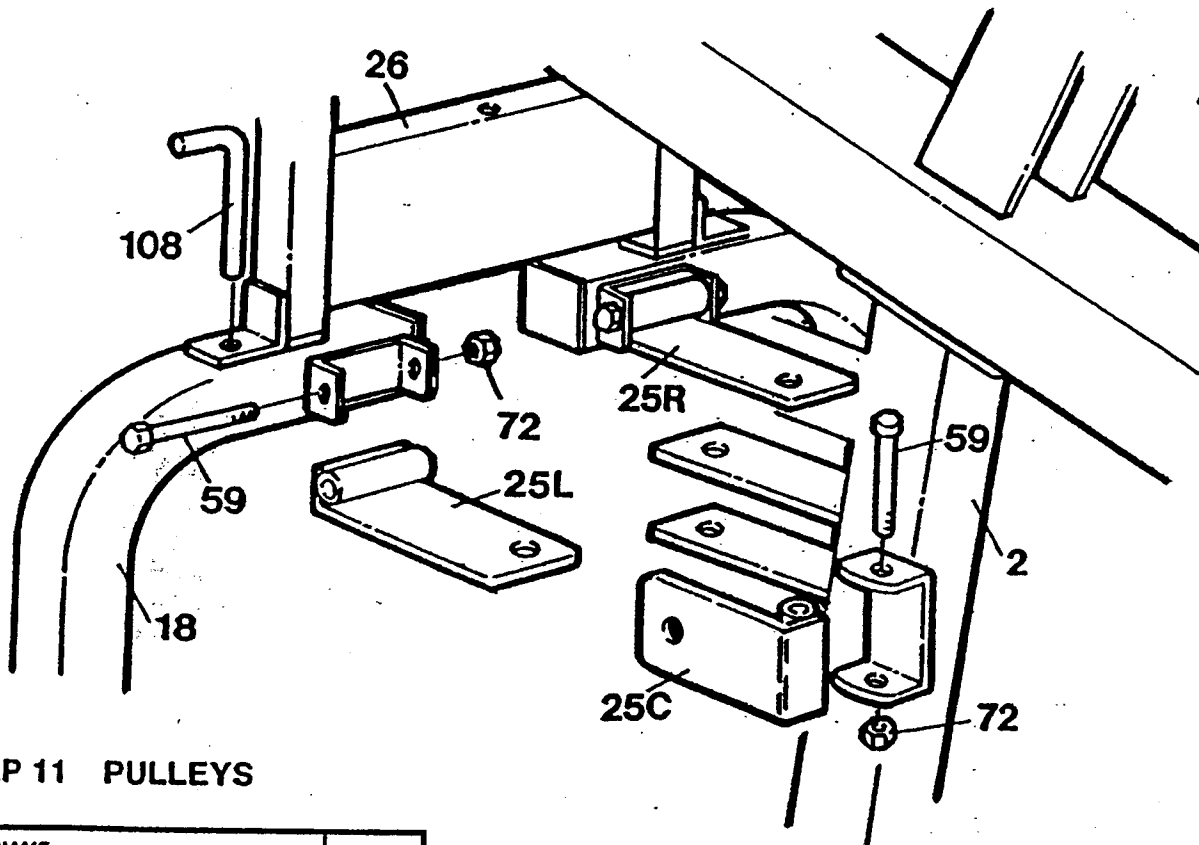


STEP 10 PULLEY BRACKETS

PART NAME	QTY
59 5/16" X 3 1/8" HEX HEAD BOLT	3
72 5/16" NYLON LOCK NUT	3

- ☐ Attach PEC-DECK PULLEY BRACKET (25L) and (26R) to PEC-DECK ARMS (18) with 5/16" X 3 1/8" HEX HEAD BOLTS (59) and 5/16" LOCK NUT (72). (Bracket 25L has bolt hole off center to the right corner, 25R has hole off center to the left.)

- ☐ Mount PULLEY BRACKET (25C) into bracket at top of ARM PRESS FRAME UPRIGHT (2) with 5/16" X 3 1/8" HEX HEAD BOLT (59) and 5/16" LOCK NUT (72). (This bracket has bolt hole centered in bracket.)



STEP 11 PULLEYS

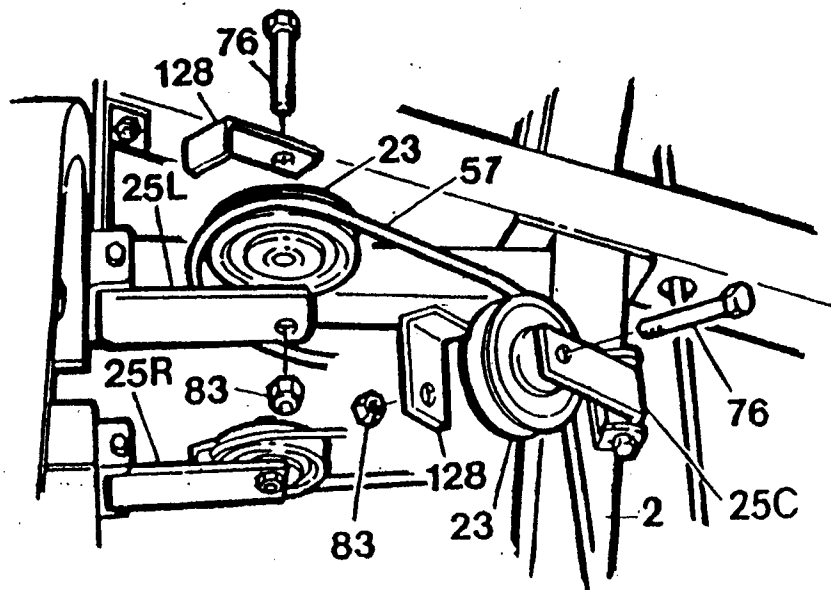
PART NAME	QTY
76 3/8" X 1 3/4" HEX HEAD BOLT	4
83 3/8" NYLON LOCK NUT	4

- ☐ Bring PEC-DECK CABLE (57) up and set into 3 1/2" PULLEY (23) and bolt Pulley onto PULLEY BRACKET (25C) on ARM PRESS UPRIGHT (2).

- ☐ Trap cable into Pulley with CABLE TRAP BRACKET (128) and fasten with 3/8" x 1 3/4" HEX HEAD BOLT (76) and 3/8" NYLON LOCK NUT (83).

- ☐ Next fasten 3 1/2" PULLEYS (23) to PULLEY BRACKETS (25L) and (25R) while trapping cable into Pulleys with CABLE TRAPS (128).

- ☐ Bolt together with 3/8" X 1 3/4" HEX HEAD BOLTS (76) and 3/8" NYLON LOCK NUTS (83).



STEP 13 STEPPER

PART NAME	QTY
60 5/16" X 2 1/2" HEX HEAD BOLT	1
62 5/16" X 2 3/4" CARRIAGE BOLT	1
63 5/16" X 1 1/2" HEX HEAD BOLT	2
64 5/16" X 2 3/4" HEX HEAD BOLT	1
71 5/16" FLAT WASHER	3
72 5/16" NYLON LOCK NUT	5
80 1" RING RETAINER	2
81 5/8" RING RETAINER	2
82 3/8" FLAT WASHER	2
85 1/4" X 3/4" HEX HEAD BOLT	1
87 1/4" FLAT WASHER	2
88 1/4" NYLON LOCK NUT	1
90 1/2" LONG METAL SPACER	1
92 3/16" X 1/2" SHEET METAL SCREW	2
98 1 1/2" X 3" PLASTIC CAP	2
99 1" ROUND PLASTIC CAP	2
103 1 1/4" SQUARE END BUSHING	4
104 5/8" I.D. FLAIR END SPACER BUSHING	2
106 1" ROUND PLASTIC COVER CAP	2
107 5/8" ROUND PLASTIC COVER CAP	2
110 RUBBER BUMPER	2
113 TENSION KNOB	2
129 5/8" I.D. PLASTIC SPACER	2

- ☐ Attach the BRACE (36) to the STEPPER UPRIGHT (3) by assembling a 5/16" FLAT WASHER (71) onto a 5/16" X 2 3/4" HEX HEAD BOLT (64) and bolting through the back of the Upright and then through one end of the Brace. Secure with a 5/16" NYLON LOCK NUT (72). Attach the BRACE (36) to the REAR BASE FRAME (18) using 5/16" X 2 3/4" CARRIAGE BOLT (62) and bolting up through the bottom of the Base Frame and then through the other end of the Brace. Secure with a 5/16" NYLON LOCK NUT (72).

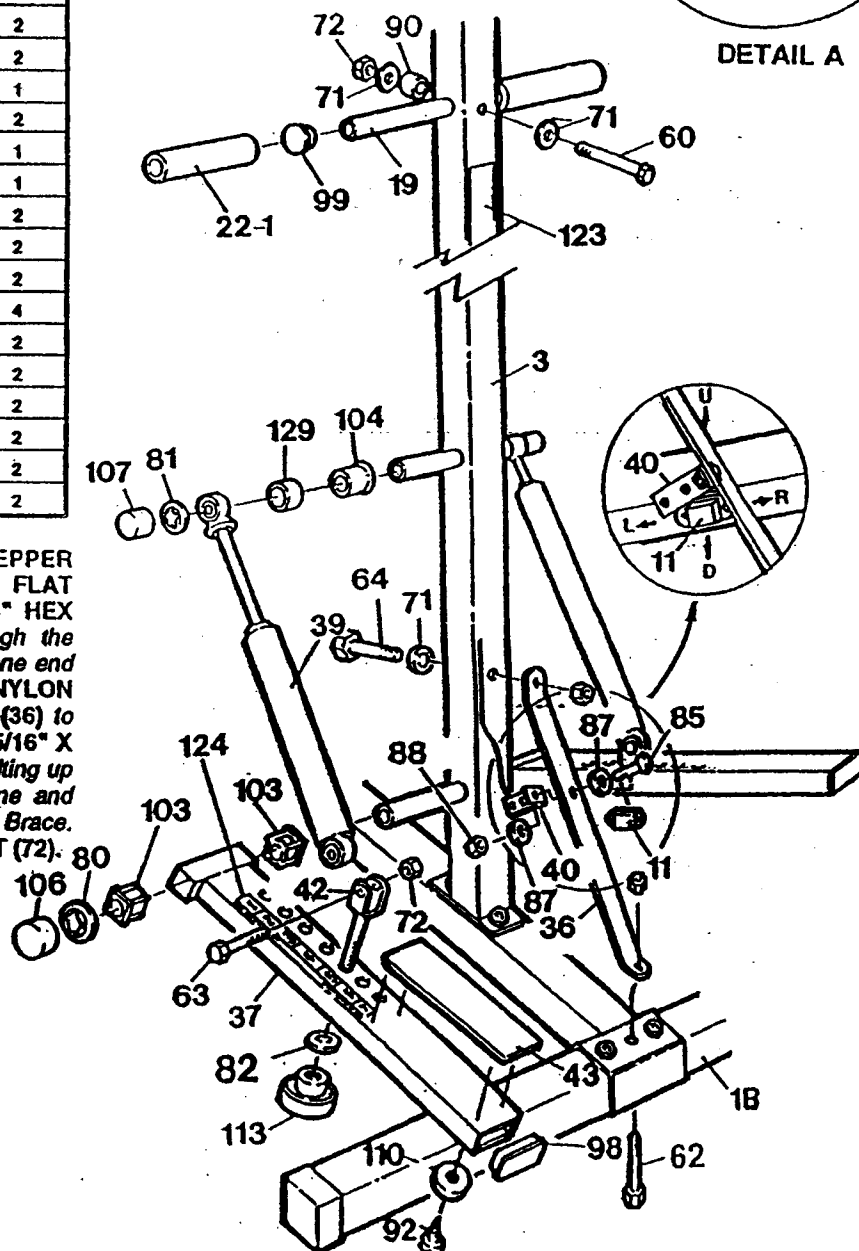
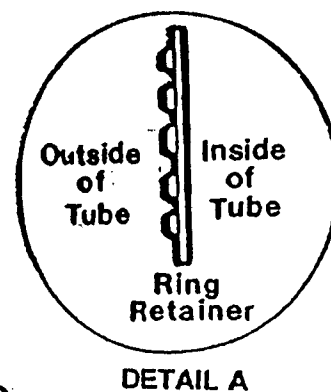
- ☐ Bolt L-BRACKET W/SENSOR (40) to BRACE (36) using 1/4" X 3/4" HEX HEAD BOLT (85), 1/4" FLAT WASHERS (87), and 1/4" NYLON LOCK NUT (88).

- ☐ To STEPPER PEDALS (37) and (38) attach RUBBER BUMPERS (110) to the bottom using 3/16" X 1/2" SHEET METAL SCREWS (92).

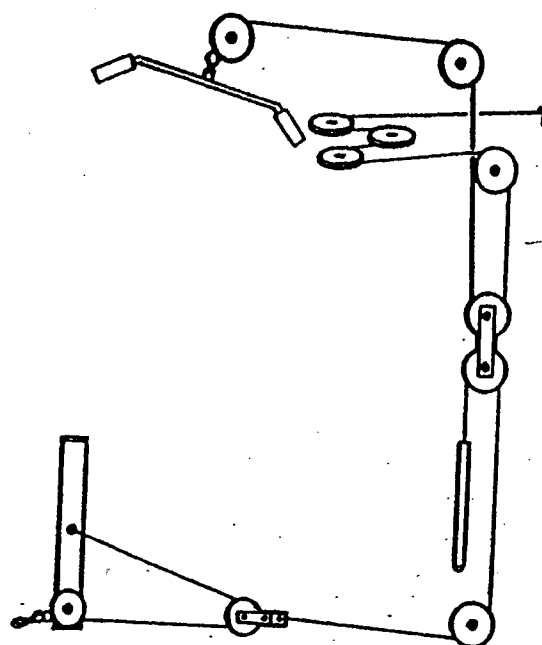
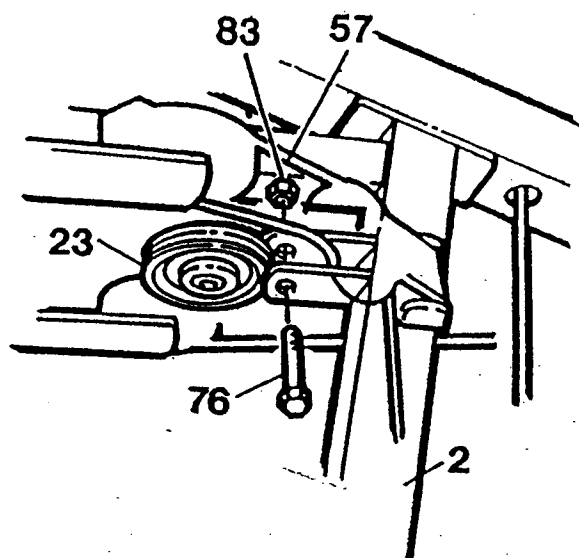
- ☐ Press 1 1/4" SQUARE END BUSHINGS (103) into each end of the STEPPER PEDALS (37) and (38).

- * Double check to be certain the correct Pedals are on the proper sides of Frame (resistance holes should be to the inside) and then press the Pedals onto the Pivot Tube.

- ☐ Press on 1" RING RETAINERS (80) onto the Pivot Tube. The teeth must be placed so that they face the outside of the tube.



- ☐ Into welded brackets on front of ARM PRESS FRAME (2), assemble another 3 1/2" PULLEY (23) trapping cable into Pulley between Pulley and Frame. Bolt with 3/8" X 1 3/4" HEX HEAD BOLT (76) and 3/8" NYLON LOCK NUT (83).



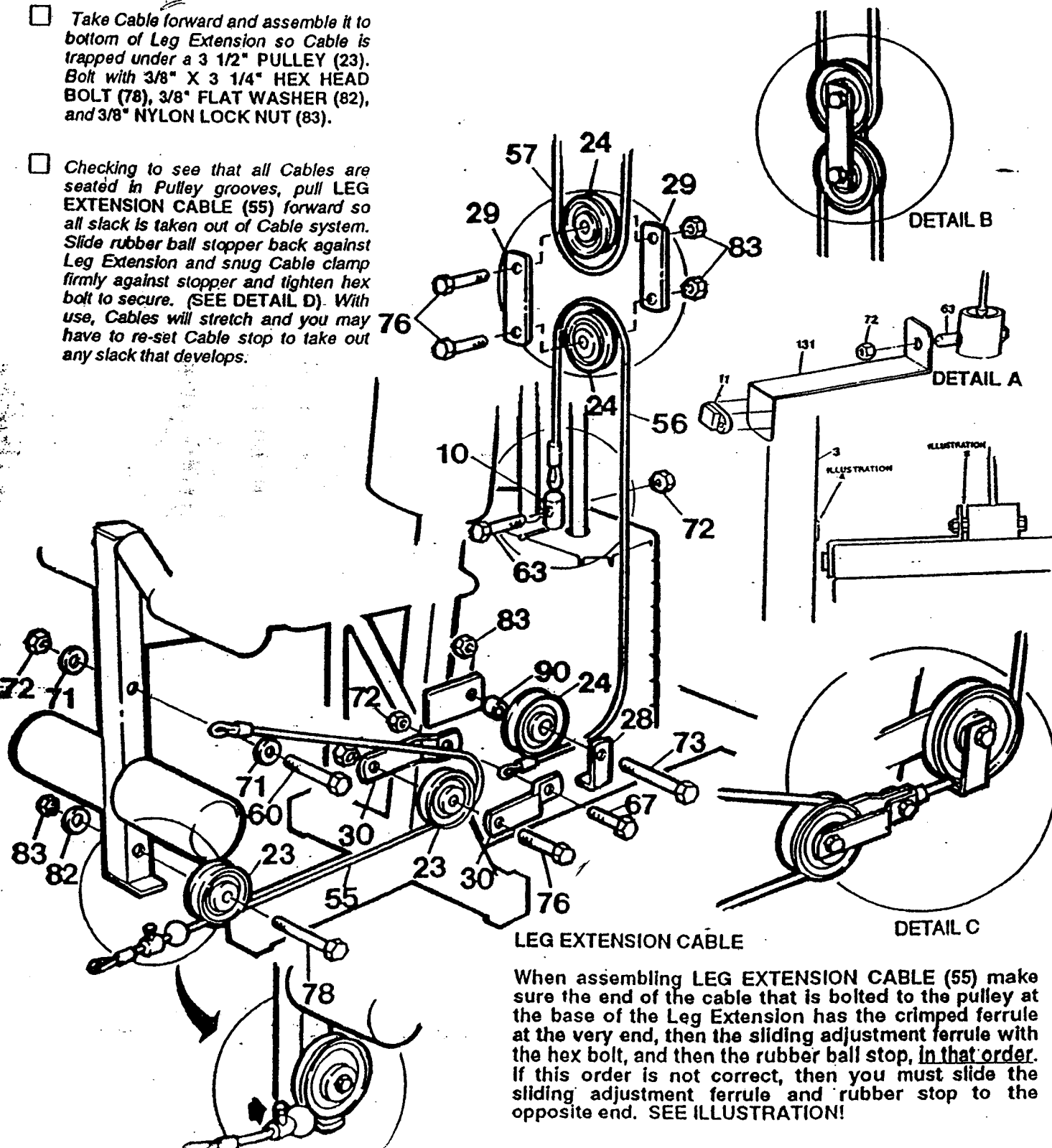
DRAWING OF ENTIRE CABLE ROUTING

STEP 12 LOWER PULLEYS AND CABLES

PART NAME	QTY
60 5/16" X 2 1/2" HEX HEAD BOLT	1
63 5/16" X 1 1/2" HEX HEAD BOLT	1
67 5/16" X 3/4" HEX HEAD BOLT	1
71 5/16" FLAT WASHER	2
72 5/16" NYLON LOCK NUT	3
73 3/8" X 2 1/2" HEX HEAD BOLT	1
76 3/8" X 1 3/4" HEX HEAD BOLT	3
78 3/8" X 3 1/4" HEX HEAD BOLT	1
82 3/8" FLAT WASHER	1
83 3/8" NYLON LOCK NUT	5
90 1/2" LONG METAL SPACER	1

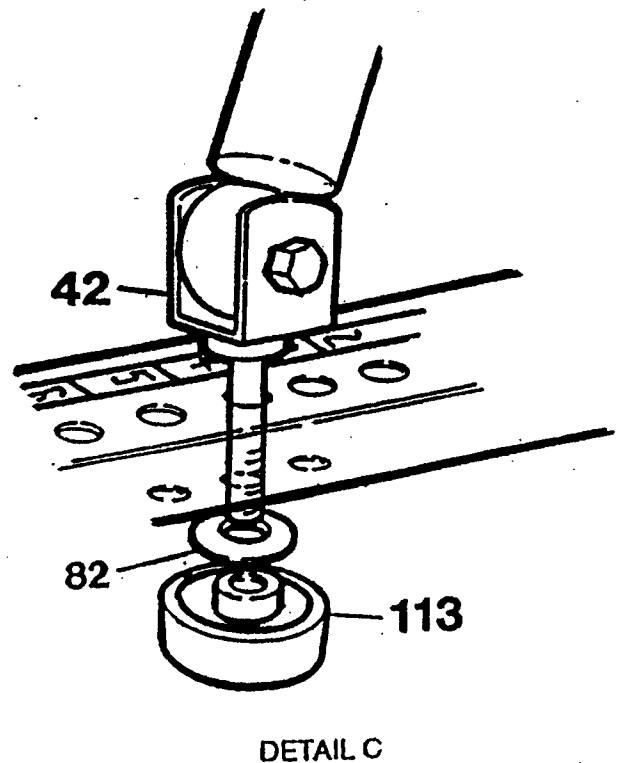
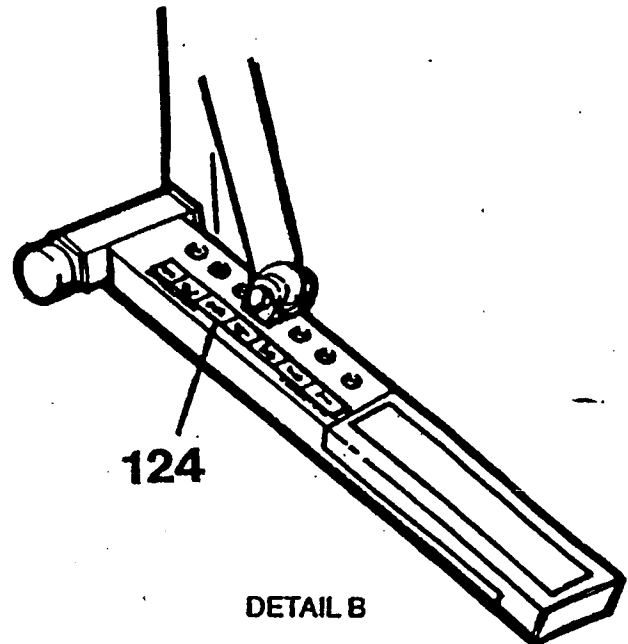
- ☐ Attach WEIGHT STACK CABLE (56) by inserting loop of cable into end of WEIGHT SELECTOR TUBE (10) and bolt with 5/16" X 1 1/2" HEX HEAD BOLT (63) and 5/16" NYLON LOCK NUT (72).
- ☐ Attach the U-BRACKET (131) to the WEIGHT SELECTOR TUBE (10) with the Bracket extending back toward the STEPPER UPRIGHT (3) onto the end of the 5/16" X 1 1/2" HEX HEAD BOLT (63) previously assembled in the Weight Selector Tube. (SEE DETAIL A)
- ☐ Remove the adhesive backing from the MAGNET (11) and adhere it to the outside lip of the U-BRACKET (131). The Magnet should be approximately 1/8" from the pick-up mounted on the Upright as it passes by. (ILLUSTRATION A SHOWS THE GAP AREA)
- ☐ Two 5/16" FLAT WASHERS (71) are provided to space the Bracket closer to the pick-up if required. (ILLUSTRATION B SHOWS PROPER POSITION OF WASHERS)
- ☐ After proper spacing is obtained, fasten the U-Bracket securely to the Weight Selector Tube using a second 5/16" NYLON LOCK NUT (72).
- * After assembly is completed, pass the Magnet Assembly by the pick-up. If the Magnet does not count, move the Magnet to the left or right until counting is obtained, then press the Magnet firmly to the Bracket for good adhesion.
- ☐ Bring Cable up and make dual Pulley assembly using 4 1/2" PULLEYS (24), PULLEY CONNECTOR PLATES (29), 3/8" X 1 3/4" HEX HEAD BOLTS (76), and 3/8" NYLON LOCK NUTS (83). (SEE DETAIL B)
- ☐ Bring cable down and fit into another 4 1/2" PULLEY (24). Using a 3/8" X 2 1/2" HEX HEAD BOLT (73), bolt a 3 1/4" CABLE TRAP (28), the Pulley, and a 1/2" LONG SPACER (90) and assemble to the base bracket on the side of the ARM PRESS FRAME UPRIGHT (2) and secure with 3/8" NYLON LOCK NUT (83).
- ☐ Bolt BENT PULLEY TRAP BRACKETS (30) to base of ARM PRESS FRAME UPRIGHT (2) and attach WEIGHT STACK CABLE (56) to BENT PULLEY TRAP BRACKETS (30).

- ☐ Connect LEG EXTENSION CABLE (55) to upper section of LEG EXTENSION (14) with 5/16" X 2 1/2" HEX HEAD BOLT (60), 5/16" FLAT WASHERS (71), and 5/16" NYLON LOCK NUT (72). MAKE SURE THE CABLE IS TRAPPED BETWEEN THE WASHER AND THE LEG EXTENSION TUBE.
- ☐ Bring LEG EXTENSION CABLE (55) rearward and around a 3 1/2" PULLEY (23) and bolt Pulley between PULLEY TRAP BRACKETS (30) using a 3/8" X 1 3/4" HEX HEAD BOLT (76) and 3/8" NYLON LOCK NUT (83). (SEE DETAIL C)
- ☐ Take Cable forward and assemble it to bottom of Leg Extension so Cable is trapped under a 3 1/2" PULLEY (23). Bolt with 3/8" X 3 1/4" HEX HEAD BOLT (78), 3/8" FLAT WASHER (82), and 3/8" NYLON LOCK NUT (83).
- ☐ Checking to see that all Cables are seated in Pulley grooves, pull LEG EXTENSION CABLE (55) forward so all slack is taken out of Cable system. Slide rubber ball stopper back against Leg Extension and snug Cable clamp firmly against stopper and tighten hex bolt to secure. (SEE DETAIL D). With use, Cables will stretch and you may have to re-set Cable stop to take out any slack that develops.



When assembling LEG EXTENSION CABLE (55) make sure the end of the cable that is bolted to the pulley at the base of the Leg Extension has the crimped ferrule at the very end, then the sliding adjustment ferrule with the hex bolt, and then the rubber ball stop, in that order. If this order is not correct, then you must slide the sliding adjustment ferrule and rubber stop to the opposite end. SEE ILLUSTRATION!

- ☐ Cap the ends of the Pivot Tube with 1" ROUND PLASTIC COVER CAPS (106).
- ☐ Slide 5/8" I.D. FLAIR END SPACER BUSHINGS (104) all the way onto the Support Tube, and follow up with a 5/8" I.D. PLASTIC SPACER (129). Next, assemble the RESISTANCE CYLINDER (39) onto the Support Tube. Press on a 5/8" RING RETAINER (81) making sure the teeth face the outside of the Support Tube and the Ring is seated firmly against the Resistance Cylinder. Cap the end of the Support Tube with 5/8" ROUND PLASTIC COVER CAPS (107).
- ☐ Place the CYLINDER MOUNTING BRACKET (42) into one of the resistance setting holes and secure with a 3/8" FLAT WASHER (82) and TENSION KNOB (113).
- ☐ Attach the RESISTANCE CYLINDER (39) to the CYLINDER MOUNTING BRACKET (42) with a 5/16" X 1 1/2" HEX HEAD BOLT (63) and 5/16" NYLON LOCK NUT (72).
- ☐ Cap the ends of the Pedals with 1 1/2" X 3" PLASTIC CAPS (98).
- ☐ Remove STEPPER RESISTANCE SCALE DECALS (124) from backing and attach decals to pedals so they align with hole settings on pedals. Setting "1" should be to the front of the Pedal. (SEE DETAIL B)
- ☐ Remove backing from adhesive strips on FOOT PADS (43) and attach to the Pedals.
- ☐ Attach STATION 2 DECALS (123) to Main Frame just above Resistance Cylinder mounting tube.
- ☐ **SETTING RESISTANCE:** After Pedals are attached to Resistance Cylinders the resistance can be changed by unscrewing TENSION KNOBS (113) from Pedals and moving RESISTANCE CYLINDER MOUNTING BRACKETS (42) to another setting hole and re-assembling Knob. (SEE DETAIL C)
- ☐ Remove the backing from the adhesive on underside of MAGNETIC PICKUP (42) and locate on the inside of RIGHT PEDAL (38) in line with the sensor on L-BRACKET (40) that is attached to BRACE (36). Pivot RIGHT PEDAL (38) past the sensor to insure the pickup is counting. If the counter is not registering (an audible beep), re-position MAGNETIC PICKUP (11) until it does. This movement may be up or down the side of the Pedal or to the right or left down the side of the Pedal.
- ☐ Assemble 1" X 13" STEPPER HANDLEBAR (19) into STEPPER UPRIGHT (3) using a 5/16" X 2 1/2" HEX HEAD BOLT (60), 5/16" FLAT WASHERS (71), 1/2" LONG METAL SPACER (90), and 5/16" NYLON LOCK NUT (72). The Stepper Handlebar may require the use of a hammer to tap it through since this is a tight fit. The use of a buffer such as a small thin board is suggested to keep from damaging the Tube
- ☐ Press 1" ROUND PLASTIC CAPS (99) into ends of Handlebar and with the aid of liquid detergent assemble 5" FOAM GRIPS



REPAIR PARTS AND SERVICE

IMPORTANT

BEFORE CALLING THE 800 NUMBER

IN ORDER TO RECEIVE SERVICE ON THIS PRODUCT YOU WILL HAVE TO FIRST SEND IN

YOUR WARRANTY CARD

CUSTOMER SERVICE 1-800-225-0653

ALL OF THE PARTS FOR THE WEIGHT BENCH CAN BE ORDERED FROM WEIDER HEALTH AND FITNESS, PARTS SERVICE DEPT., 900 WEST ST. JOHN ST., OLNEY, IL. 62450. WHEN ORDERING, PARTS WILL BE SENT AND BILLED AT THE CURRENT PRICES. PRICES MAY BE SUBJECT TO CHANGE WITHOUT NOTICE. STANDARD HARDWARE ITEMS ARE AVAILABLE AT LOCAL HARDWARE STORES.

TO OBTAIN PARTS DO NOT GO BACK TO THE STORE WHERE YOU PURCHASED THIS UNIT

ALWAYS INCLUDE THE FOLLOWING INFORMATION WHEN ORDERING PARTS:

MODEL NO. NAME OF PART ORDERING NO.

WARNING

CONSULT YOUR PHYSICIAN

CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BY YOUR PHYSICIAN BEFORE YOU ENTER ANY EXERCISE PROGRAM.

FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION.

TRAIN WITH A PARTNER

IT IS RECOMMENDED THAT AN INDIVIDUAL SHOULD NOT WORK OUT WITHOUT A TRAINING PARTNER IN ATTENDANCE. SET UP YOUR PROGRAM TO ACCOMMODATE TWO PEOPLE AND YOU WILL BE HIGHLY MOTIVATED.